



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Family Fitness Night

### Contact Information

<b>Main Contact Person</b> Patrick J. Hauser
<b>Title of Main Contact</b> Middle School Physical Education Instructor
<b>School Name</b> Lake Mill Middle School
<b>School District Name</b> Lake Mills School District
<b>Contact Phone Number</b> 920 648 2358
<b>Contact Email Address</b> pat.hauser@lakemills.k12.wi.us

### Program Information

<b>Program Name</b> Family Fitness Night
<b>Program Category</b> A program to show the community all of the physical fitness activities we have in our community. We had demonstrations from fitness companies, Karate
<b>Grade Level</b> Middle School (6-8)
<b>Assessment Method</b>

### Program Information

#### Products Developed or Materials Used:

#### Program Description:

The purpose of the program was to show the many activities available in our community. We had demonstrations for karate, bicycling, fitness equipment, strength tests, a group mile run, blood pressure testing, cholesterol testing, proper shoe fit for fitness activities, city recreation sign up, nutritional program by hospital staff, hand washing program, and presidential fitness testing.

For information on other **Physical Education Best Practices**, visit the website at:  
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:  
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:  
<http://dhfs.wisconsin.gov/health/physicalactivity/>  
or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgajq@dhfs.state.wi.us](mailto:Morgajq@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
[Pesikme@dhfs.state.wi.us](mailto:Pesikme@dhfs.state.wi.us) (Marv Pesik, Program and Grant Coordinator)